

## **[Claims]**

1. A brown rice germination method comprising:

a selection step A of inserting unhulled rice into a saline solution and selecting unhulled rice showing strong germination;

a pounding step B of pounding the selected unhulled rice to produce brown rice; and

a germination step C comprising: a primary underwater germination sub-step of immersing brown rice in a water bath containing 12 - 18°C water for 6 - 10 hours, and immersing the brown rice in the water for 1 - 8 hours in a state that the water is gradually heated to 20 - 32°C; an air germination sub-step of pulling and holding the brown rice after the primary germination sub-step over the water by more than 1cm for 2 - 5 hours; a sub-step of repeating an underwater germination sub-step of immersing the brown rice in 20°C water or yellow soil settled water for 8 - 24 hours, and the air germination sub-step until a germination with bubbles is observed; and a sub-step of repeating the underwater germination sub-step and the air germination sub-step until the brown rice is germinated to a certain level in a state that the water and the air are heated to 26 - 32°C.

2. The brown rice germination method according to claim 1, wherein the underwater germination sub-step is performed using the yellow soil settled water obtained by mixing 80 - 100g of yellow soil with water 100kl, stirring them, and collecting clean water after settling the yellow soil for about 24 hours.

3. The brown rice germination method according to claim 1 or 2, wherein the

brown rice has a bud germinated less than 1mm.

4. The brown rice germination method according to claim 1 or 2, wherein the brown rice has a bud germinated to approximately 1.5 - 2.5mm.

5. The brown rice germination method according to claim 2, wherein the brown rice has a bud germinated more than 3mm, and only minerals and dietary fiber remain.